

Do You Know Where Your Power Foods Are?

These kinds of foods are always good performance choices — lowfat, high carbohydrate or a good supply of protein. And you can find them in any commissary or supermarket.

- BREADS AND ROLLS**  
*Especially whole grain for extra nutrition.*
- PASTA**  
*Whatever the shape — spaghetti, macaroni, rice or dinosaurs — pasta is a super performance food, dense in carbohydrates to replenish glycogen stores.*
- FRUITS & VEGETABLES**  
*They supply carbohydrates, vitamins, minerals. Fresh are best, but frozen or canned are okay too.*
- MILK, LOWFAT YOGURT & CHEESE**  
*Go with skim or 1% — a lot less fat, but all the protein and other nutrients of whole milk.*
- CEREAL**  
*Light on the sugar. Read the label. If the sugar content is more than 8 grams per serving you know it's sweet. Try high fiber.*
- FISH & SEAFOOD**  
*Excellent source of protein. When canned, packed in water is best.*
- DRIED & CANNED BEANS**  
*Try different kinds. Beans are a good source of protein and fiber.*
- GRAHAM CRACKERS, PRETZELS, BAKED CORN CHIPS, ANIMAL CRACKERS, FIG BARS**  
*High-carbohydrate, lowfat snack foods.*
- FRUIT JUICES & SPORTS DRINKS**  
*Can help replace carbohydrates during and after endurance activity.*

Some Tips For Successful Performance Food Shopping



e commissary or et instead of a ce store. Large cck a much wider 3, which you need lance of nutrients. And supermarkets have more of the high-carbohydrate, lowfat foods that help your physical and mental performance.

Convenience stores, on the other hand, are designed for speed ... which often means high fat and lots of sugar.

2 Make a performance shopping list and stick to it — especially when you are in a hurry. It's easier to pick up convenience foods when you're on the fly and haven't thought out your food choices. Writing out what you want helps cut down on those impulse buys of foods that might not fit into your performance eating plan.

3 Eat before you hit the grocery aisles. It's hard to stick to your performance food list when you are hungry.

4 Read food labels. They tell you exactly what you are getting in a product. Compare labels on similar products to find the better performance choice.

FOOD SHOPPING

MAKING performance choices



Shopping for a performance diet has also been made easier with food labels. Most packaged foods have labels that show you exactly what nutrients you are getting in a product. By reading food labels, you can see how a food fits into your total diet. Use food labels to make product comparisons so that you can make the best performance choices.



Shopping for performance food is getting easier all the time. Commissaries and grocery stores are stocking more and more food choices that fit into a performance diet of:

Performance Food Shopping

Here's a good way to read food labels to see what you can get from your performance diet. ... Most packaged foods are required to have

labels like this one. Some foods with only a few nutrients or with a small space for labeling might have a shorter label.

ist check the RVING SIZE The label tells you how much is in one serving. The of nutrients listed are what you will find in one of this serving size may be different from your usual

2 TOTAL FAT there's also it's measured in grams. These chips have 10 grams of fat in a serving. Three of those grams are saturated fat, the least desirable type of fat. How does that fit in to the number of grams of fat a day you want to limit yourself to?

FROM 3 CALORIES there's FAT 4 CARBOHYDRATES A good performance food has the most grams of carbohydrate and the least grams of fat. One serving of chips has 15 grams of fat ... not only too much fat in too little food, but not enough carbohydrates to sustain you. Make chips a treat... not a meal.

6 PROTEIN These chips have 2 grams of protein in a serving. Protein should make up 12-15% of a performance diet — between 60 and 150 grams of protein a day.

8 CALORIES PER GRAM Some labels tell you number of calories in a gram of fat, carbohydrate and protein. See how many more calories are in a gram of fat than in a gram of

POTATO CHIPS	
NUTRITION INFORMATION	
Serving Size 1 oz., 19 chips	
Amount Per Serving	
Calories 150	
Calories from Fat 90	
% Daily Value*	
Total Fat 10 g	15%
Saturated Fat 3 g	15%
Cholesterol 0 g	0%
Sodium 133 mg	6%
Total Carbohydrates 15 g	5%
Dietary Fiber 0 g	0%
Sugars 0 g	0%
Protein 2 g	
Vitamin A 0%	
Vitamin C 2%	
Calcium <2%	
Iron <2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Total Fat	Less than 80g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	Less than 300g
Dietary Fiber	25g
Calories per gram:	
Protein 4	
Carbohydrate 4	
Fat 9	

7 VITAMINS & MINERALS don't forget Vitamins A and C, calcium and iron are required to be on the food label. They are listed by percent of their recommended daily value.

5 % DAILY VALUE now look at % Daily Values help you know if a product is high or low in a nutrient. The % Daily Values show how a food fits into a 2,000 calorie diet that meets the Dietary Guidelines. Daily Values are nutrient standards set by the government and are based on current nutrition recommendations. Nutrient needs for a Performance Diet may be more than the Daily

There are 90 calories from fat in one serving of these chips (compare this to the total calories per serving) ... and one serving would use up 15% of the maximum amount of fat recommended for a 2000 calorie diet.

3 CALORIES there's FROM FAT

2 TOTAL FAT there's also

RVING SIZE The label tells you how much is in one serving. The of nutrients listed are what you will find in one of this serving size may be different from your usual

FROM 3 CALORIES there's FAT 4 CARBOHYDRATES A good performance food has the most grams of carbohydrate and the least grams of fat. One serving of chips has 15 grams of fat ... not only too much fat in too little food, but not enough carbohydrates to sustain you. Make chips a treat... not a meal.

6 PROTEIN These chips have 2 grams of protein in a serving. Protein should make up 12-15% of a performance diet — between 60 and 150 grams of protein a day.

8 CALORIES PER GRAM Some labels tell you number of calories in a gram of fat, carbohydrate and protein. See how many more calories are in a gram of fat than in a gram of

bread 😊

LOADS OF CARBOS AND NOT MUCH FAT!

English muffins  
bread sticks  
tortillas  
bread  
bagels  
rolls  
pita

A MAJOR PERFORMANCE STOP

Milk: SKIM & 1% MILK ARE THE PERFORMANCE CHOICES. LOWER IN FAT THAN WHOLE MILK BY 6 GRAMS A GLASS. 🍷 LOOK FOR “PROTEIN FORTIFIED” OR “MILK SOLIDS ADDED”. Yogurt’s NOT ALL THE SAME. LOOK FOR LOW- OR NONFAT YOGURT FOR A HIGH PROTEIN, HIGH CALCIUM SNACK Lowfat spreads CAN CUT THE FAT. BUTTER, MARGARINE, CREAM CHEESE & SPREAD COME IN LOWFAT VERSIONS. LOOK FOR LOW- & NONFAT cheese products.

dairy

frozen food

READ THE LABELS ON PREPARED FOODS. 😊 LOOK FOR DINNERS WITH FEWER THAN 15 GRAMS OF FAT. Ice milk, lowfat frozen yogurt LOWER IN FAT THAN ice cream. If IT’S HARD TO RESIST EATING THE WHOLE QUART OF ice cream IN ONE SITTING, GET ice cream bars or pop🍷cles INSTEAD. GET FROZEN VEGETABLES WITHOUT THE SAUCES. THEY ADD FAT.

Tuna: GET WATER PACKED. 🍷 OIL PACKED ADDS FAT. Canned & dried beans: FOR SOUPS, CHILI, SALADS. HIGH IN PROTEIN & CARBOHYDRATE. READ LABELS ON PREPARED FOODS LIKE stew, chili, soup; SOME OF THEM ARE HIGH IN FAT. Pasta & rice: PRIMO FOR CARBOS. ANY SHAPE WILL DO. WHOLE GRAIN HAS EVEN MORE VITAMINS, MINERALS & FIBER. Pasta & rice sauces & mixes: READ THE LABEL. COULD BE HIGH IN FAT & SODIUM. Refried beans: GOOD CARBOHYDRATES, VEGETARIAN STYLE HAS LESS FAT.

canned & prepared foods

**LABEL ALERT!** THAT cream filled cupcake COULD BACKFIRE DURING AFTERNOON P.T. CHECK THE FAT CONTENT. Sugar IS NOT A GOOD PERFORMANCE FOOD. Sugar MIGHT GIVE YOU A QUICK BOOST OF ENERGY BUT IT DROPS YOU JUST AS FAST. **Good News!** NEW LOW- & NONFAT BRANDS ARE APPEARING ON THE

cookies, cakes & candies 🍷

SHELF. OOPS, COULDN'T RESIST THE CANDY AISLE... TRY yogurt covered raisins, jelly beans OR licorice. IF YOU MUST EAT A CANDY BAR, EAT A mini-bar ... AND EAT THEM SPARINGLY.

CARBOS CAN BE FOUND HERE, BUT LOTS OF FAT IS LURKING IN THIS AISLE. READ LABELS. 😊 LOOK FOR SNACKS THAT ARE BAKED INSTEAD OF FRIED. GOOD BETS: pretzels, baked corn chips, air popped popcorn, fig bars, dried fruit, graham crackers, fruit bars, rice cakes, stone ground OR whole wheat crackers. Microwave popcorn? GET THE KINDS LABELED “Lite” OR “Lowfat”

snacks

dressings, jams & toppings

😊 GO WITH light OR lowfat mayonnaise & salad dressings. GOOD BETS: mustard, ketchup, salsa, relish, vinegar, jam, jelly

fruits 😊

Fresh fruit: SWEET CARBOS. GOOD FOR

RESTORING ENERGY DURING A ROAD MARCH OR HIKE Dried fruit: EASY TO PACK FOR A PERFORMANCE SNACK IN

Chicken & turkey WITHOUT THE SKIN. LOW IN FAT, HIGH IN PROTEIN

Beef: LOOK FOR CUTS GRADED “SELECT.” IT MEANS LESS FAT.

🍷 “CHOICE” & “PRIME” MEAN HIGHER IN FAT. THE MORE IT’S MARBLED, THE MORE FAT.

😊 LOOK FOR ground beef LABELED 90% FAT FREE. OR TRY ground turkey FOR LOWER FAT BURGERS.

meat

😊 Meats with less fat: FLANK OR ROUND STEAK OR ROASTS, SIRLOIN, TENDERLOIN, LOIN PORK CHOPS, LEAN HAM

🍷 Meats with more fat: CORNED BEEF, PASTRAMI, RIB EYE ROAST, MARBLED STEAK, HOT DOGS, BACON, SAUSAGE, SOME HAM. COMPARE FAT CONTENT ON HOT

😊 HIGH IN PROTEIN, LOW IN FAT!

fish & seafood

deli MANY lunch meats & cheeses

ARE CLEARLY MARKED WITH FAT CONTENT. LOOK FOR 95% OR MORE FAT FREE. 😊

vegetables 😊

Fresh vegetables:LOTS OF VARIETY TO CHOOSE FROM! Baked potato with the skin: 35-50 GRAMS OF CARBOHYDRATES, NO FAT. PERFORMANCE PERFECTION WHEN YOU EAT IT WITHOUT GOBS OF BUTTER & SOUR CREAM. Dark greens: broccoli, spinach, kale. VITAMINS & MINERALS

LOTS OF GOOD CHOICES. GET THE ONES WITHOUT CREAMY DRESSINGS, 🍷 INCLUDING MAYONNAISE.

salad bar 😊



. To leave the store with a variety of performance foods — high in carbohydrate, low in fat, have adequate protein and a balance of nutrients! Try some of these food shopping tactics. **THE STRATEGY ...** Work your way from the outside in. All commissaries and grocery stores put their freshest foods on the outside aisles. And fresh foods are where you find many of your nutrients. Fruits, vegetables, dairy products, meats and often breads...usually on the store perimeter.

PERFORMANCE FOOD SHOPPING: YOUR NUTRITION CONNECTION TO